



PENN-DEL Championship – Madison Division February 3 & 4 2024

V1_01282024

Warm-up Schedule

PM Session Day 1 - Warm-Up Information

Warm-up Session 1 (4:30 PM - 4:45) Sprints (4:45 PM - 4:50)

NEYS	24 swimmers	Lanes:	1,2 & 3
BYST	18 swimmers	Lanes:	5 & 6
OPEN		Lanes:	7 & 8

Warm-up Session 2 (4:50 PM - 4:35) Sprints (4:05 PM - 5:10)

NPY	25 swimmers	Lanes:	1,2 & 3
PFY	12 swimmers	Lanes:	4 & 5
CBR	8 swimmers	Lanes:	6
OPEN		Lanes:	7 & 8

AM Session Day 2- Warm-Up Information

Warm-up Session 1 (7:30 AM - 7:45) Sprints (7:45 AM - 7:50)

NEYS	41 swimmers	Lanes:	1, 2, 3 & 4
BYST	38 swimmers	Lanes:	5, 6, 7 & 8

Warm-up Session 2 (7:50 PM - 8:10) Sprints (8:10 - 8:15)

NPY	26 swimmers	Lanes:	1, 2 & 3
PFY	18 swimmers	Lanes:	4 & 5
CBR	17 swimmers	Lanes:	6 & 7
OPEN		Lanes:	8



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Warm-up Schedule

PM Session Day 2 - Warm-Up Information

Warm-up Session 1 (12:00 PM - 12:15) Sprints (12:15 PM - 12:20)

NEYS	57 swimmers	Lanes:	1, 2, 3, 4, 5 & 6
BYST	10 swimmers	Lanes:	7
OPEN		Lanes:	8

Warm-up Session 2 (12:20 PM - 12:35) Sprints (12:35 PM - 12:40)

PFY	24 swimmers	Lanes:	1, 2 & 3
NPY	20 swimmers	Lanes:	4 & 5
CBY	11 swimmers	Lanes:	6
OPEN		Lanes:	7 & 8